

February/March 2007

Cape & Islands

# Women's Journal

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The Only Educational Newspaper Serving The Women of  
Cape Cod, Martha's Vineyard and Nantucket

# The Cape & Islands Women's Journal™

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# PUBLISHERS' NOTE



I've been doing some thinking lately. Thinking that getting rid of clutter and cleansing the energy in my home sounds like a fabulous idea. I'm thinking that a gorgeous new outfit might be just the ticket right about now.

I'm thinking about financial aid applications for my daughter's continuing education and I'm thinking I should have started planning for college a while ago...a long while ago. I'm thinking strategizing with a career/life coach would be a great way to help with life's hurdles and likely sidestep some altogether. And I'm thinking I need to start investing wisely for my future. I'm thinking how fortuitous it is to know a professional who can take one of my business goals and turn it into a workable plan. I'm thinking that I sleep better at night, knowing a true professional is making sense out of a box of invoic-

es and receipts and that my taxes, both corporate and personal will be done accurately and on time. I can't tell you what a relief that is!

I know I'm going to need a vacation when things settle down and that I'm going to need one even more if they don't. I'm thinking a hot cup of tea and a stimulating conversation with a paranormal specialist would be fun. I think I'm going to have a mid-winter gathering with family and friends at a super special restaurant notorious for great service and exciting food. And I've decided to decorate my walls with every piece of art my mother ever painted and a few she collected over the years as well. I know I'm pathetically unprepared for disaster, but I know what to do and where to go if one happens.

I'm thinking all this because I've been editing *The Cape & Islands Women's Journal*. What are you thinking? Please feel free to let me know. And please let the fine professionals who contribute to the CAIWJ know that your saw their articles here.

Sincerely,

Janet M. Horton  
Publisher/Editor

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Kudos to Elizabeth  
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## Elizabeth McOster

### Cape Cod Artist



By: Elizabeth McOster

At this stage of my art career, I would describe myself as a "re-emerging" artist. **My talent was nurtured from my youth, through private instruction in drawing and watercolor.** Upon receiving a Bachelor in Fine Arts Degree from the University of Massachusetts, I dabbled in a variety of artistic endeavors, including as a commercial artist with an advertising agency. **I found myself drawn to the field of providing therapeutic programs for the elderly and for mentally challenged adults.** The energy output required for this, while raising three daughters, left limited re-



serve for personal artistic pursuits. Many years later, a serious back injury and subsequent failed back surgery closed the door on continuing a career that was physically demanding. This opened the door to finding myself in a position to be able to once again express my-

self on canvas.

I have resided on Cape Cod, primarily in Chatham, since 1989.



The beauty and serenity of the Cape Cod environment are conducive to allowing the once dormant creativity to emerge. **The inspiration, however, comes from within;** a blend of deep emotions, soulful insight, and humorous perception of the nature of humanity, as I tap into visions in the 'mind's

eye' to paint 'landscapes of the soul'. **My preferred medium is oil on canvas,** as it seems to suit my fluid style. The use of intense colors and gold leaf highlights create a drama that beckons the viewer to dialogue with the painting. The size and shape of the canvas

are often an integral part of the design, as the images flow to fill the space.

**I strive to be an approachable, available artist,** willing to share the intimate significance of a piece with those who inquire. The viewer is never bound by the personal intent of the artist, however. Many pieces seem purely whimsical on the surface but the titles invite the viewer to seek a deeper meaning. Others hold images not immediately apparent, encouraging the viewer to embark on a visual journey deeper into the canvas.

One example of such a piece is "Nightdreams", purchased a few years ago from a gallery in Provincetown by a vacationing couple. The couple met with me, having many questions about the inspiration for the painting and the images hidden within. They still contact me periodically, excited to have found new images. They believe they have found some that even I am not aware of, so have been included subconsciously.

**Mermaids provide a fun theme for me to work with.** My three daughters are depicted as Mermaids in "Souer de la Mer" and my grandchildren are transformed into "Mer-kids" in another

painting. I have created a set of Nesting Dolls, each one a Mermaid, as well as adorned Ostrich Eggs with Mermaids that sit in a molded clay Starfish "nest".

I started painting my images on Barrel Staves in response to numerous people expressing the desire to own my art but not being able to afford to purchase an oil painting. The long, narrow wooden boards are ideal for the long-legged "femme" that I paint on them. I am currently working on a custom oil for a client, but with images meaningful to her incorporated in the clouds floating by overhead.



This past summer I had the honor of being chosen to create two whales for the Cape and Islands Whale Trail. One, titled, "Where Bog Meets Sea", was inspired by my years living on the edge of a beautiful bog, near the ocean. The other, "Reach for the Stars", utilizes my mermaid theme. Both were purchased at auction to benefit local charities. They can still be seen at [www.capeandislandswhaletrail.com](http://www.capeandislandswhaletrail.com).

My work has been exhibited in several galleries and restaurants on Cape Cod from Falmouth

to Provincetown since my "re-emergence". Unfortunately, most of these galleries have since fallen victim to an economy that does not support the luxury of purchasing Fine Art. I am fortunate to have a temporary home for my work at Sol Spa in Chatham while I seek a more permanent home that will be a fit for my style of artwork. Smaller pieces may also be seen at The Lunasea Gallery in Wellfleet. I am an Artist Member of the Cape Cod Art Association and The Creative Arts Center in Chatham. **I can be contacted at [femmescapel@msn.com](mailto:femmescapel@msn.com) or by calling 508 4324613.**

#### Testimonials:

*"Thank you for your artwork, it evokes many emotions for me." Erica Papagno*

*"Your painting captures a feeling I have never seen before." Jamie Vient*

*"It is just lovely, the overlay of colors is beautiful and the subject matter is intoxicating." Christie Stusse*

*"A profound emotional and spiritual connection for us" Ted & Julie Blickwedel*





# Does Direct Mail (Still) Work? Part 1

*"Many a small thing has been made large by the right kind of advertising." (Mark Twain)  
For many businesses and organizations, direct mail does just that!*

**By Erica Waasdorp**

Even with the many different media you're exposed to in your everyday busy life, direct mail is still one of the most successful and most cost-effective media to consider when advertising your product, service or organization.

All companies and organizations in the U.S. together are expected to spend almost \$50 billion on direct mail this year. And sales driven by direct mail generates more than 10 times that for many small and large businesses and organizations.

So, should we all jump on the direct mail bandwagon?

It depends on the goal and the type of business you're in. Some practical tips.


1. It's absolutely crucial to maintain your current customers in some type of database. Make someone responsible and make sure that there is adequate backup within the organization. (Make sure that multiple people know how to work with the database, but do set strict rules on maintenance). Your customerbase becomes a major asset in your organization.

2. If you're starting out with direct mail, keep it simple. Once your customers or donors know you, you can expand.

3. Spend most of your time determining which target group (we call it "names") to mail to. It's for more than 50% responsible for the results of the mailing. Creative and look are 20%, Offer 20%, 10% other factors (such as timing etc.). Too many organizations agonize for days, even weeks about words in the letter or the brochure, but spend very little time on lists. E.g. if you send someone in Alabama an invitation for an event on Cape Cod, chances are response rates will be low. However, if you ask for a donation for an animal welfare organization and you're mailing to other animal welfare donors, you're more likely to do well.

More next time... or check out the web site at [www.adirectsolution.com](http://www.adirectsolution.com)

Erica Waasdorp started her direct mail career many years ago at Reader's Digest in Amsterdam and moved on from there to work for several publishers, seminar organizers and fundraising organizations in the Netherlands and the U.S. She joined a direct marketing agency in Plymouth before starting her own direct marketing consulting business A Direct Solution in Marstons Mills. Erica can be reached at [adirectsolution@comcast.net](mailto:adirectsolution@comcast.net) or (508) 428-4753.



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*Erica is efficient, professional and knowledgeable. She guided me to very specific target groups pertinent to my business and offered a wide range of strategic business measures to determine the results of the mailings. She spearheaded the entire project, knew just what to do and where to get it done in order to meet my desired goals. Erica worked hand in hand with me and turned my ideas into a solid plan of action.~Janet Horton, Publisher, Cape & Islands Women's Journal*



# IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

*A free educational seminar on weight loss surgery at Tobey Hospital*

**By: Rayford Kruger, MD, FACS**  
Rayford Kruger, MD,

FACS, a trained gastric bypass surgeon at Tobey Hospital in Wareham, presents "Is Weight Loss Surgery Right for You?" on a regular basis throughout the South Coast. The presentation outlines the benefits of weight loss surgery and the health risks associated with morbid obesity, along with various bariatric surgical procedures and who is a likely candidate for the procedure.

"Weight loss surgery is a commitment for life and should not be entered upon lightly. We ask that all patients considering weight loss surgery join us for this informational evening outlining the benefits, qualifications and risks associated with morbid obesity," said Dr. Kruger, who performs the surgery with members of a weight loss surgery team at Tobey Hospital in Wareham. Information on the weight loss surgery program at Tobey, along with dates and times for monthly lectures, can be found at [www.southcoast.org/weight-loss/](http://www.southcoast.org/weight-loss/).

A graduate of Dartmouth Medical School, Dr. Kruger completed his residency training at the Dartmouth-Hitchcock Medical Center in Hanover, N.H. He is board cer-

tified in general surgery and is a fellow of the American College of Surgeons and a member of the Society of American Gastrointestinal Endoscopic Surgeons (SAGES). Dr. Kruger has undergone extensive training in gastric bypass surgery and completed specialty-training programs at bariatric surgery centers in New England and New York.

The laproscopic weight loss surgery program at Tobey Hospital is a community-based program designed to incorporate a thorough approach to weight loss surgery utilizing a team comprised of dieticians, psychologists and surgeons to provide a safe and comprehensive surgical weight loss program.

The program was created using the guiding principles that came from the Lehman Patient Safety Center's expert panel convened by the State to study weight loss surgical programs and procedures as they directly relate to patient safety.

Dr. Kruger conducts informational lectures at the Cape Codder in Hyannis every month. For the schedule, check [southcoast.org/weight-loss](http://southcoast.org/weight-loss) or call Wareham Surgical Associates at 508-295-3900.

## "My surgery is a lifestyle change."



— Rayford Kruger, MD, surgeon



— Kim Crispin of Middleboro

Many surgeons at all Southcoast hospitals perform a wide variety of minimally invasive surgery. To find a surgeon in your community, visit [southcoast.org/surgery](http://southcoast.org/surgery).

After four children, Kim Crispin found that losing the extra 180 pounds she'd gained was almost impossible. She was developing arthritis in her hips and knees and worried about high blood pressure and diabetes that ran in her family. So she turned to Dr. Ray Kruger, a gastric bypass surgeon at Southcoast.

**Dr. Kruger:** "Bariatric surgery is the fastest growing type of general surgery in the country. It's often referred to as 'stomach stapling' because we actually staple across and create a smaller stomach pouch. Patients lose excess weight and improve their health. People often choose our program because we do most of our surgery laparoscopically."

**Crispin:** "My life is busy, with four children and a full-time job. Having my surgery done with small incisions meant I could go back to work the next week. I had very little pain and I really appreciated all of the support from Dr. Kruger and his whole team. I learned so much.

"I've now lost 128 pounds. The biggest change is the energy I now have. I can spend more time actually doing things with my kids rather than just supervising their activities. I wanted this to be a lifestyle change — and it truly is."

Major surgery doesn't have to be a major disruption in your life. With minimally invasive techniques, patients often have surgery, go home quickly and return to their normal lives within days.

For more information on minimally invasive procedures, visit [www.southcoast.org](http://www.southcoast.org).

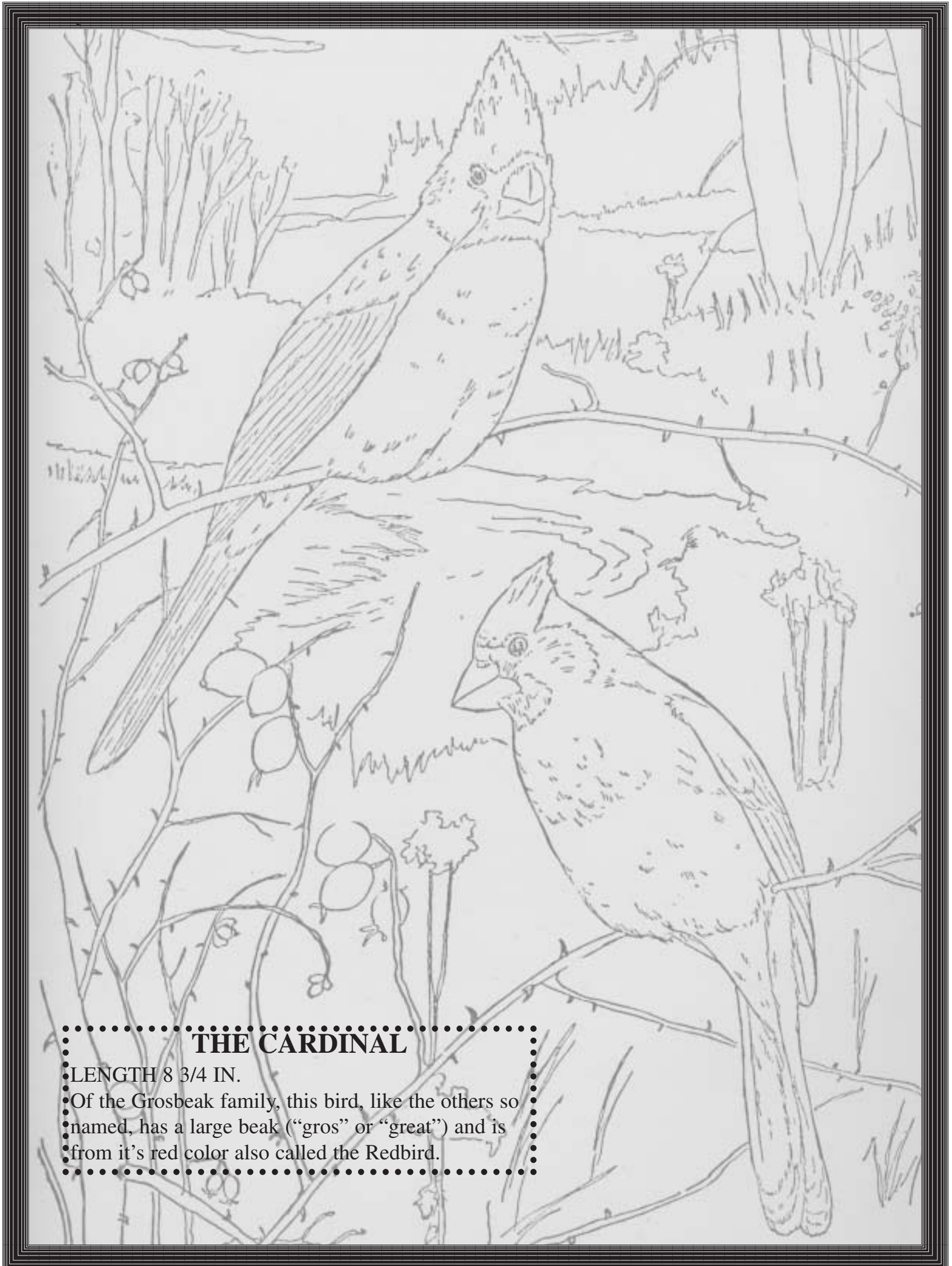


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# Birds For Coloring



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.....

.....  
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.....

.....  
● Of the Grosbeak family, this bird, like the others so  
named, has a large beak ("gros" or "great") and is  
from it's red color also called the Redbird.  
.....



## KIDS HEAR, BUT DO THEY LISTEN?

### A SOUND LOOK AT AUDITORY PROCESSING DISORDER



By: Susan Reid Danton

The above question is attributed to Ronald Minson, M.D., pioneer in the field of auditory reeducation and originator of the Dynamic Listening System. The question is a good one because it recognizes a serious learning problem that is growing within our Cape and Islands communities with no obvious sign of retreat.

By the time you read this, your child's school progress report will probably be in your hands. If your child is not progressing as expected (given the fact that he or she is obviously the most intelligent person in the world!) the following wording may appear as a reason for your child's school difficulties:

- \* presented with a specific weakness in auditory perception for sound and word discrimination. ...difficulty determining if words were the same or different and was unable to reliably discriminate or produce rhyming words.
- \* close monitoring of auditory perceptions skills ought to be conducted as well as specific teaching in those areas ...
- \* auditory memory demonstrated some difficulty with working memory for digits in reverse.
- \* difficulty with word discrimination skills, determining if words were same of different.
- \* difficulty with rhyming words both in discrimination and production and is not reliable in ability to hear differences between sounds and words. Auditory perception skills ought to be carefully monitored
- \* demonstrated some auditory processing confusion in that when asked to define the word "clock" he responded with a blank look; with gentle cues he responded that ... it is a sound... sounds like clock... later, when shown a picture of a clock and asked to name it, he immediately responded by saying that a clock.
- \* If the pace is too quick during classroom instruction, ... is apt to become frustrated and discouraged with his inability

to keep up.

\* has a specific weakness in auditory perception for sound and word discrimination. ... struggles in tasks of auditory memory and discrimination due to a reduced speed of processing. ... also had difficulty recalling the response that was required in one task (to say same or different) and needed frequent reminders of what to say. ... applied maximum effort in areas requiring working memory and became obviously frustrated at his poor performance. On a task of rapid naming, ... had a tendency to visually skip ahead or over some items. ... has trouble understanding facial expressions or gestures. ... has trouble getting to the point when talking. ... has trouble sounding out words when reading, uses poor grammar when writing.

- \* has trouble paying attention.
- \* has trouble remembering things people say.
- \* has trouble understanding what people are saying.
- \* has trouble answering questions people ask.
- \* has trouble answering questions as quickly as other students.
- \* has trouble asking questions.
- \* has trouble expressing thoughts.
- \* demonstrated difficulty with working memory for word recall. When asked to recall a string of words, was unable to retain the number of words and assimilated words. ... struggles when required to rapidly name items and retrieve ideas, again, an issue related to decreased overall speed of processing.
- \* struggled to recall words, name pictures, and understand concepts and directions rapidly. ... students who have a reduced speed of processing require redirection and often find themselves lost in the middle of a lesson.

The above is taken from an actual IEP of a first-grader who was diagnosed at the time of its writing with dyslexia. Midway through his dynamic listening program, his reading ability jumped six levels, and before the end of his program he attained a reading level beyond that of his same-age peers, another five levels. All of this happened within the space of four months. Today, he is an active and productive member of his student council. Basically, dyslexia is no longer his concern.

#### Auditory Processing Disorder (APD)

The National Institute on Deafness and Other Communication Disorders, a branch of the National Institutes of Health, defines Auditory Processing Disorder (APD) as a "reduced or impaired ability to discriminate, recognize, or comprehend complex sounds, such as those used in words, even though the hearing is normal..." In other words, not only should one be able to receive, store and retrieve auditory information properly, one should be able to do it flu-



ently. APD occurs when the mechanisms of the ear take in sound information improperly or deficiently in content and/or speed, and deliver that substandard product to the brain. The brain is then unable to adequately regulate the many visceral and vegetative functions of the body. What results is an inefficient energy system and a kiddo who cannot perform at anywhere near his or her learning potential.

The NIDCD further states, "In children, auditory processing difficulty may be associated with conditions such as dyslexia, attention deficit disorder, autism, autism spectrum disorder, specific language impairment, pervasive developmental disorder, or developmental delay." (NIDCD, 2001). From here, let's look at how APD overlaps with common learning problems stemming from the above disorders.

The following list describes what is characteristic of APD:

- \* Difficulty understanding what people are saying when there's background noise, such as noise at a party or wind on an outdoor hike
- \* Difficulty following long conversations
- \* Difficulty hearing conversations on the telephone
- \* Preferring to learn a foreign language (or challenging vocabulary words, or difficult last names) by learning to read and write the

words first, and then learning to hear and speak the words, and then only when the words are spoken slowly

- \* Difficulty remembering spoken information (i.e., auditory memory deficits)
- \* Difficulty taking notes
- \* Difficulty maintaining focus on an activity if other sounds are present; child is easily distracted by other sounds in the environment
- \* Difficulty with organizational skills
- \* Difficulty following multi-step directions
- \* Difficulty in dividing attention
- \* Difficulty with reading and/or spelling
- \* Preferring to watch movies with the subtitles or closed-captioning on
- \* Sensitivity to certain noises (e.g., inability to "tune out" a television on in the background while "tuning in" a conversation with a person).
- \* Difficulty picking out one musical instrument from a band or orchestra
- \* It appears to others as a problem with listening. Somebody with APD may be accused of "not listening".



Thom Bober, D.C., is Clinical Director of the DLC-CC. Dr. Bober obtained his B.S. in Applied Mathematics from Worcester Polytechnic Institute and his Doctor of Chiropractic from Palmer College of Chiropractic. Dr. Bober practices holistic health-care in Osterville, Boston and South Dennis.

Susan Reid Danton, M.A., is Programming Director at the DLCCC. Susan received her B.A. in Studio Art from Lawrence University and her M.A. in Expressive Arts Therapy from Lesley University. She has worked with children and adults at Malden Hospital, South Shore Mental Health Center, Cape Cod Psyche Center, Children's Cove and in private Art Therapy practice.

ten worsens. The listening problems associated with APD will eventually lead to a more compounded listening problem, what listening specialists call "selective deafness." Closed selectivity, errors in spatialization, frequency peaks and scotomas, and poorly defined lateralization are all aspects of selective deafness and APD. In other words, when a child processes auditory information in a way that produces confusion over what he/she hears, reads and says, that child will eventually resist going to school, withdraw from social engagement, and lose every vestige of self-esteem. And, it doesn't make sense, because that child was once bright, happy, talkative, inquisitive - the perfect learner, and very much like the boy featured above!

The good news is that APD, and its brood of learning disorders, are not irreversible. In fact, a dignified, non-drug solution exists to raise children to a level of academic accomplishment that goes way beyond "normal," even children struggling with APD. That solution is Dynamic Listening!



And, children with APD often:

- \* have trouble paying attention to and remembering information presented orally;
- \* have problems carrying out multi-step directions given orally;
- \* have poor listening skills; and
- \* need more time to process information.

It is easy to see how closely the symptoms of any of a number of learning disabilities overlap with those of APD. Equally, it is easy to see why APD is now widely considered the underlying cause of those labels. APD, in fact, creates a listening problem!

#### Social/Emotional Considerations

Unfortunately, the situation of-

**To learn more about the health and educational benefits of auditory reeducation, please contact the Dynamic Listening Center of Cape Cod at 508-385-5002 today!**



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## WELCOME TO CHI LIVING!

By: Pam Proulx

For most, the New Year represents change, resolutions, and new starts, all of which we hope will

continue throughout the year. CHI LIVING will assist you in the art of cleansing and simplification to you and your home through a Consultation and Space Cleans-

ing. In other words **getting rid of clutter and cleansing energy** in your home. It is truly a great way to begin a New Year of promise that will last the whole year through!

**Energy moves throughout our bodies and homes** constantly, affecting every aspect of our lives. This energy operates in a spiral pattern, it cannot be seen but energy or vibration exists everywhere. The Chinese call this energy Chi and everything around us has a vibration that can either enhance or clog our lives.

**If energy is clogged or stagnant we personally can be affected in many different areas of our lives:** Fame, Love and Relationships, Children and New Beginnings, Mentors, Career and Ambitions, Knowledge and Education, Family and Health, & Money and Finances. To assess the amount of clutter or stagnant energy in your life I invite you to walk around your home and answer a few simple questions.

**Go into each room of your home and stand at the entrance** - what do you see first? Using the questions below - rate each room between (least clutter) 1 - 10 (most clutter):  
1. Hall - any broken items, bulging coat racks, broken umbrellas, piles of items  
2. Living Room, newspapers - old videos - unfinished projects - items not put away, crammed bookshelves, etc  
3. Bedrooms - closet has clothes that do not fit any longer - or do not wear any longer  
4. Corners of rooms stacked with forgotten or broken items  
5. Bathroom - old medicines, broken razors, half used items, free samples  
6. Kitchen - spices packed in cabinets, items not used for months - years  
7. Office - floor littered with files and papers  
8. Attic - packed with the unknown  
9. Garage - same as above  
If you scored higher than a 25 - clutter may be affecting your ability to freely enjoy your life.

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\* Bells and Clapping to move stagnant Energy.  
\* Reiki Closing Ceremony for sealing and protection.

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## RISING COSTS MAKE CLIMB TO HIGHER EDUCATION STEEPER

### AT SEEN IS USA TODAY

#### **Sandra Block USA Today**

At a time when even entry-level jobs often require a bachelor's degree, hardly anyone disputes

the importance of a college education. Even so, many parents and students struggle to understand just why college costs so much. There's no easy answer.

The House is scheduled to vote Wednesday on a Democratic plan to reduce the cost of borrowing for college. But easing student-loan interest rates won't provide much relief, critics say, unless lawmakers can somehow also slow the inexorable rise in the cost of college. Laurel Hinshaw of Anchorage, Alaska, said her daughter, Marissa, is attending Bemidji State University in Bemidji, Minn., because she couldn't afford a school closer to home. Marissa, a freshman, looked into several West Coast schools, Hinshaw says. But "even with the scholarships they were offering, tuition was way out of reach for us," she said.

In the past five years, the average cost of in-state tuition and fees at public colleges has jumped 35 percent -- after adjustment for inflation -- according to the College Board. In the past 25 years, the average cost of tuition and fees has risen faster than personal income, consumer prices and even health insurance.

For academic year 2006-2007, the average cost of tuition, room and board at a public university was \$12,796; for a private school, the total averaged \$30,365. During the same period, the amount of federal direct aid -- money that doesn't have to be repaid -- has declined, forcing more students to borrow. Nearly two-thirds of college graduates leave school with debt, up from less than half in 1993, according to the non-profit Project on Student Debt. And among those with loans, the average debt has jumped from \$9,250 in 1993 to \$19,200, a 58 percent increase after adjustment for inflation. Many conservatives argue that increasing federal aid will just

encourage colleges to raise tuition even more. "When colleges know if they keep raising tuition, the government is going to keep sending them more aid, they don't have a reason to stop raising it," said Leslie Carbone, an adjunct scholar at the Lexington Institute in Arlington, Va.

Others note, though, that in the past five years, **college costs continued to rise faster than inflation** even though financial aid declined. "Financial aid over the years has had a very minimal effect on increased college costs," said Michael Dannenberg, director of education policy for the New America Foundation and former aide to Sen. Edward Kennedy, D-Mass. Difficult to plan for tuition bumps. Pamela Hrovoski says her daughter, Sarah, a junior at the Maryland Institute College of Art in Baltimore, received scholarships that cover only about a fifth of her costs. The Hrovoskis, who live in a suburb of Pittsburgh, also cleaned out their emergency savings account and their college savings fund and borrowed from Pamela's 401(k) plan. Still, Sarah will graduate with about \$45,000 in loans. Complicating matters, Sarah's tuition has risen every year she's been in school, usually by between \$1,500 and \$2,000. "How do you budget for that?" Hrovoski said. "They make it harder and harder every year."

#### **REASONS FOR RISING COLLEGE COSTS**

While conservatives and liberals disagree on the solution to the problem, there's surprising consensus on the reasons for the sharp rise in college costs. Among them:

\* **Declining state support:** At state colleges and universities, which enroll about 75 percent of all college students, tuition covers only about a third of the cost of educating a student. The rest of the cost is covered by state subsidies. But state funding hasn't kept pace with inflation or rising enrollment. State funding is at its lowest level in three decades, according to a report released last summer by a commission on higher education created by Education Secretary Margaret Spellings. When state subsidies shrink, colleges and universities have

to make up the difference by increasing tuition, cutting programs, or both. Dannenberg predicts that public college costs won't increase as sharply in 2007 because economic growth has boosted state tax revenue. Still, a return to the days of generous state subsidies for higher education seems unlikely. State budgets are already being squeezed by health care costs for state employees and low-income residents. And those costs are expected to increase as millions of public employees retire.

#### \* **An educational arms race:**

In an effort to reach the top of ranking surveys, such as the popular annual list put out by U.S. News and World Report, many schools spend heavily on state-of-the-art dorms, athletic facilities and well-known professors, analysts say. While the most excessive spending occurs at elite private schools, it tends to create a Darwinian culture that filters down to smaller and state schools, too, says James Duderstadt, former president of the University of Michigan and a member of the Spellings commission. "As a university becomes richer and richer, it's able to pick off the best faculty," Duderstadt says. "Institutions that are trying to compete for their own reputations are finding they have to invest enormous resources to build a new lab for a chemistry professor because he's getting offers from other institutions." Edward Elmendorf, senior vice president for government relations at the American Association of State Colleges and Universities, contends that arms-race spending by public colleges and universities is rare. "You don't find many state colleges and universities that have their own (funding) sources to build buildings that haven't been approved by the state legislature," he says. "They're public entities and have to respond and be accountable to the state."

\* **Uneven financial aid:** College officials argue that the "sticker price" of college is misleading because most students receive financial aid -- in effect, a discount. Yet critics counter that the system forces

students to rely too heavily on loans and fails to provide direct aid to students who need it most.

#### **The Free Application for Federal Student Aid,**

used by the federal government, states and individual schools to determine financial need, is so complicated "that a lot of people just get discouraged and don't bother to fill it out," Duderstadt says. And even if parents soldier through the application, they usually don't learn how much aid they'll receive until the spring of their child's senior year in high school. That makes it difficult for families to compare financial aid packages from different schools. In many cases, students don't know how much aid they'll get until they've selected the school they'll attend. Early admission programs make it even harder for students and their parents to comparison shop, Dannenberg says. Harvard and Princeton announced last year that they're abandoning early admission, which forces students to decide as early as December where they'll go to college, but the majority of elite private schools still offer it. Early admission, Dannenberg says, "discriminates against students who need a financial aid package." Laurel Hinshaw believes her daughter could have qualified for scholarships if she had applied earlier. "By the time she figured out what school she wanted to go to, it was too late to apply for academic scholarships, which nobody really tells you," Hinshaw says. "Being first-time college parents, we didn't get it all together in time." Marissa received a \$2,000 volleyball scholarship to attend Bemidji State University, where tuition, room and board cost \$12,300 a year. But the family didn't qualify for federal financial aid, so Marissa had to borrow to pay the balance of her college costs. In many cases, financial aid goes to families who understand the process, not those with the greatest need.

Three-quarters of full-time, dependent students at private schools receive direct aid, and those aid packages average \$9,400 a year, according to the National Association of Independent Colleges and Universities. Of that amount, an aver-

age of \$8,000 is awarded by the college or university, the association says. But unless a family knows that, they might not even bother to apply to a private school, says James Boyle, president of College Parents of America, an advocacy group. "Many families dismiss higher education in general or particular colleges because they believe, sometimes erroneously, that they can't afford a school, or can't afford college, period." An even more troubling trend, analysts say, is a shift toward merit-based aid and tax credits. This type of aid tends to go to students from more affluent families, Duderstadt says. "You now have this horrible dilemma in which students from prosperous backgrounds are getting more financial aid than students from impoverished backgrounds," he says.

\* **Economics 101:** Finally, colleges and universities raise tuition because they can. The high school graduating class of 2008-2009 is expected to be the largest in history, even as the number of seats at traditional four-year colleges has remained about the same. Meanwhile, the income gap between workers with only a high school diploma and those with a college degree continues to widen. The rising demand means schools can continue to keep their prices elevated," says Boyle of College Parents of America. "Despite their concerns, people are voting with their feet, and they're willing to pay." Paul Middendorf, 54, of Richmond, Texas, agrees. The youngest of his three sons will graduate from Texas Christian University in May. When his first son, now 26, applied for college, the Middendorfs applied for dozens of scholarships but were told they earned too much money to qualify for financial aid. They had to finance their children's college education with a combination of savings and federal parent loans. "My wife and I feel the same way -- it's very important to go to college," Middendorf says. "I think that even though we've had our share of soup instead of going out for steak, it's definitely worth it."



# Yes! You Can Have A Joyous and Successful Career and Life

By: Ann Condon

A note from a client.....  
 "Good Morning! Just checking in. I'm starting to get more and more new customers. Yipee! The only problem is I keep on having to push them back because I'm a one man show. Is there any way you can find someone that can work for me? I'm overwhelmed, but that's a good thing, right? I called the guy you said to from \_\_\_\_\_. I was wondering if I can push your yard back until next week so my brother-in-law can help me. He is a green thumb guy and has been teaching me a lot about pruning and the finer things about landscaping. Let me know. Hope all is well! Thanks!"

Ann Condon's specialty is coaching individuals just like you.....folks who are in small



## Got Coaching?

businesses and the professions, or who want to tune-up their lives. She also works with people who are engaged in a project, such as writing a book, managing a wedding or planning a major life change. There

are also those who may not yet be engaged in change or in planning...those just thinking or hoping or even yearning. They are her clients!

Ann has over 45 years in the professional careers field. She has been a psychotherapist for 25 years. This background makes her unique as a coach. She swiftly spots your obstacles and encourages you to move on to success. You are in the hands of a professional!

She is listed in Who's Who in America and in Who's Who in American Women. She is certified as a coach by NICABM and is a member of IACC. She is a nominee for coach of the Year, a member of the Hyannis and Sandwich Chambers of Commerce, a member of BNI, American Business Women's Association, and others, too numerous to mention!!

Ann inspires people to do wonderful things with what they already have! She is a highly qualified and dedicated coach with a proven track record who can make a difference in your life!

*"I was inspired, listened to, given clarity and had many moments of experiencing myself as powerful. She (Ann) always directed me to the right path that was pertinent. She always went beyond what was called for." ~Patricia Bayuk*

*"Ann is an incredible communicator. She has what it takes to get beyond the everyday chaos that competes for our attention to life's real issues. She is funny, committed, challenging, and she speaks with refreshing directness."*

*~Deb Osgood, Vice President/CKO Knowledge Institute*

*"With a good coach you can achieve what you know you can do. With a great coach you can achieve what you didn't think was possible. Ann Condon is a great coach. She helped me to expand my vision of what I could do." ~T. Fahey, Acclaimed Author*

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# FAMILY TRAVEL: CREATING A LIFETIME OF MEMORIES



By: Monique Szechenyi

## Enrich your children's lives

Jon's first trip was in a bassinette at 3 months of age. He went to France with his family to visit cousins and though he doesn't remember anything about that trip he does remember many of the subsequent trips we took as a family. When you travel with your children you broaden their views of the world by exposing them to different ways of speaking, eating and behaving. Jon and his sister Alexa went to Zimbabwe one year to visit their grandparents and discovered chongololos (giant African millipedes), hamba gaches (chameleons) and green mamba snakes as well as the gardener's children with whom they played endlessly around the little thatched mud hut that was the gardener's home. They wondered why the gardener lived in a "funny round mud house with straw on top" when their grandparents lived in a brick house

with tile roof. It was their introduction to a culture and way of living as foreign to ours as chalk is to cheese and they've never forgotten it.



## All Inclusives

It's not only cultures and history that are enriching to children; almost any experience that exposes them to something out of the ordinary is worthwhile. Alexa and Jon's all time favorite trip was when they were 12 and 10 and we traveled to Jamaica and stayed in an all inclusive resort. They loved it because they could order any food or drink they

wanted whenever they wanted without running to the parents to ask for money. And they loved it because they had the

independence to roam the resort, making friends with other kids, hanging out in the game room, swimming in the pools, whizzing down the water park slides or playing ball on the beach. The parents loved it because they could relax completely knowing the kids were safe and happy. They also loved it when they picked up their margaritas at

the beach bar knowing they were already paid for and everything else as well. No being hit with credit card bills to spoil the memories and afterglow.

## Sesame Street at Beaches

Among the finest all inclusive resorts are Beaches. With facilities in Jamaica, Turks & Caicos and Antigua they offer younger kids Sesame Street themed activities including cookie making with Cookie Monster and nature walks and scavenger hunts with Grover. For the littlest ones, there is a nanny service that allows the parents to enjoy time to themselves and get a much needed rest.

## Disney Experience

A classic family vacation is to Disney World. It's optimal for children ages 5 and up because theme parks are tiring and require stamina that most tiny kids don't have. Disney World recently introduced a dining plan that makes budgeting for meals on your vacation a breeze. For each night you stay at one of the Disney World resorts, you receive vouchers for two meals and a snack at over 100 restaurants throughout the park. It's a great savings over pay-as-you-go.. Less well known, Disney has two cruise ships, both without casinos, which are wonderful for a family vacation for all ages. Staterooms can sleep up to 5 and have a bath and a half. Itineraries in the Caribbean visit Castaway Cay, a private island where Pirates of the Caribbean movies were filmed.

## Reliving the Memories

Now that they're adults and live independently, Alexa and Jon come home for the holidays. At some point the talk invariably turns to the past as they reminisce about the fun they had growing up and going places. Family travel was undoubtedly one of the highlights of their childhood and those memories will be with them forever.

## Testimonials

"After Hurricane Wilma closed our honeymoon destination, Monique truly shined. She was wonderful to deal with making our original plans, but had to really work when disaster struck. Our honeymoon was beyond our wildest dreams. I couldn't recommend her more." Ron & Selissa Johnson, Marstons Mills

"Monique is a travel consultant who really cares! She helped us plan cruises to Bermuda and each and every detail was taken care of to perfection. She dots the "i's" and crosses the "t's" and she even remembered to tell the cruise line that it was our anniversary so that we could be surprised with a wonderful cake. Monique is truly top-notch!" Ken & Mona Hogan, Sandwich

"Thanks Monique! our 4 city European trip with 4 great, special hotels and city to city rail/air transport was exactly what we wanted. Your care and class, By Design, was the key to our great vacation!" Joe & Emily Accrocchio, Osterville

"Monique - thanks for being such a wonderful, caring person. You always make sure every detail of our travel arrangements is taken care of in an outstanding manner. People that I have referred to you are thrilled with your personal service. You'll always have our business." Harold Fuhrman - Vice President, Commercial Realty Advisors Inc.

Monique Szechenyi, CTC (Certified Travel Counselor) is the owner of Travel by Design in Sandwich. She was born in Hungary and educated in France and Zimbabwe. She speaks fluent German, French and Spanish and has traveled extensively in Europe, Africa, the Caribbean and the U.S.A. both with and without her two children. With more than 25 years experience, she is an expert at planning your special trip, be it a destination wedding, a honeymoon, anniversary, family getaway or simply that once in a lifetime vacation you've always dreamed of. Call her at 508-888-0304 or email at info@wenedatrip.com.



# WOMEN AND THE ECONOMY PLANNING FOR ONE'S FINANCIAL FUTURE



**Presented By: Peter Schlesinger**

Today's women have money and influence. More than 60 percent of American women are employed outside of the home, earning a collective \$1 trillion annually, according to the U.S. Bureau of Labor Statistics. Women-owned businesses now number 9.1 million, employ more than 15 million

workers and generate nearly \$1.4 trillion in sales.

But don't let those figures fool you. Women with high-powered careers and wealth should not be the only ones to concern themselves with investing. Don't drop the ball when it comes to planning for your financial future while juggling day-to-day career demands with one hand and family obligations with the other. Think of the financial arena in terms of your everyday lives.

Based on the realities of today, it's vital that women realize the importance of having their own financial goals.



Take these startling facts for example:

- \* American women still earn only about 76 percent of what men earn;
  - \* Only 49 percent of working women have pensions, according to the Social Security Administration;
  - \* Almost 70 percent of the elderly poor are women, according to the U.S. Census Bureau;
  - \* As many as nine out of 10 women will be solely responsible for their own finances at some point during their lives.
- But women can take action now to develop an investment plan.

The following steps can help you

form a retirement plan that combines Social Security, a company retirement plan and personal savings:

### Learn about investments

Attend an investment seminar, read books and magazines and join an investment club.

### Use an investment professional for guidance

### Invest systematically

While this method does not guarantee a profit or protect against a loss, the best way to save is to establish an automatic investment each month.

Every woman is responsible for her own financial future. By taking the first steps today -- by learning about investing, setting financial goals, developing an investment plan and putting that plan into action -- you can face the future knowing you're well-prepared for whatever lies ahead.

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## Women's Health



### Menopausal Hormone Therapy and Ovarian Cancer:

#### 1. What is menopausal hormone therapy?

Doctors may prescribe hormone therapy in order to alleviate symptoms associated with menopause, such as hot flashes, night sweats, sleeplessness, and vaginal dryness that occur as the body adjusts to decreased levels of estrogen. Menopausal hormone therapy (sometimes referred to as hormone replacement therapy or postmenopausal hormone use) usually involves treatment with either estrogen alone or a combination of estrogen with progesterone or progestin, a synthetic hormone with effects similar to those of progesterone. These two hormones are involved in regulating a woman's menstrual cycle. Estrogen therapy alone is usually prescribed only for women who have had a hysterectomy. Progestin prevents the overgrowth of cells in the lining of the uterus, which can lead to uterine cancer. Therefore, a combination of estrogen plus progestin is typically recommended for women who have not had a hysterectomy (i.e., women with intact uteri). Hormones may be taken daily (continuous therapy) or on only certain days of the month (sequential therapy).

Before taking hormone replacement products, the U.S. Food and Drug Administration (FDA)

currently recommends that women understand the risks and benefits of hormone therapy and talk to their doctors to make appropriate health care choices.

#### 2. Have there been studies of menopausal hormones and ovarian cancer?

Several observational studies have investigated whether women who use menopausal hormones are more or less likely to develop ovarian cancer than women who do not use menopausal hormones. For some diseases, such as breast cancer and coronary heart disease, there are many studies that provide useful data. However, for rare diseases like ovarian cancer, there are fewer studies with the specific data needed to evaluate the potential association between use of menopausal hormones and ovarian cancer. In a 2006 study, called the NCI Study of Hormone Therapy and Ovarian Cancer, NCI scientists had the opportunity to examine data from a large study that included 23,722 women who had hysterectomies and 73,483 women with intact uteri, to learn whether menopausal hormone use had an effect on risk of ovarian cancer (1).

#### 3. What did the NCI Study of Hormone Therapy and Ovarian Cancer reveal about combi-

#### nation hormone therapy and ovarian cancer?

Overall, in this large study, the risk of developing ovarian cancer was higher in women who used menopausal hormone therapy than in women who never used such therapy. However, the increased risks differed by hormone therapy formulation and regimen and varied according to hysterectomy status.

The following results of the NCI Study of Hormone Therapy and Ovarian Cancer were reported in the October 4, 2006, issue of the Journal of the National Cancer Institute (1).

\* Among women with hysterectomy, use of estrogen alone for fewer than 10 years was not associated with ovarian cancer.

\* Among women with hysterectomy, use of estrogen alone for 10 or more years was associated with an increased risk of developing ovarian cancer.

\* Among women with intact uteri, five or more years of sequential use of estrogen plus progestin (progestin for less than 15 days per cycle) was positively associated with ovarian cancer.

\* Among women with intact uteri, five or more years of continuous use of estrogen plus progestin (progestin for 15 days or more per cycle) was positive-

ly associated with ovarian cancer, although the observation was not statistically significant.

#### 4. What have studies shown about the association of estrogen plus progestin combination therapy and the risk of ovarian cancer?

Fewer studies have examined the effect of estrogen plus progestin on the risk of ovarian cancer. The most comprehensive evidence about the risks and benefits of taking combination therapy after menopause comes from the Women's Health Initiative (WHI) Hormone Program, which was sponsored by the National Heart, Lung, and Blood Institute (NHLBI) and NCI, both parts of the NIH. The WHI Hormone Program involved two studies - the use of estrogen plus progestin for women with a uterus (the Estrogen-plus-Progestin study), and the use of estrogen alone for women without a uterus (the Estrogen-Alone study). In both hormone therapy studies, women were randomly assigned to receive either the hormone medication being studied or a placebo.

Data from the WHI Estrogen-plus-Progestin study indicate that there may be an increased

risk of ovarian cancer with combined hormone use (16). After 5.6 years of follow-up, a 58 percent increased risk of ovarian cancer was reported in women using estrogen plus progestin compared with nonusers, but the increased risk was not statistically significant.

In comparison, an observational study suggested that combined estrogen-progestin regimens do not increase the risk of ovarian cancer if progestin is used for more than 15 days per month (4), but this study was too small to draw firm conclusions.

Other observational studies have explored estrogen plus progestin and ovarian cancer risk, but some of those studies included women who previously used estrogen alone (8,15) or did not evaluate individual estrogen plus progestin regimens (7,14,15). Increased risk of developing ovarian cancer.

\* Among women with intact uteri, five or more years of sequential use of estrogen plus progestin (progestin for less than 15 days per cycle) was positively associated with ovarian cancer.



## LET ME INTRODUCE YOU TO THE #1, NATIONALLY SYNDICATED WOMEN'S NEWSPAPER IN THE U.S.!



**By: Janet Horton, Publisher**

Allow me to introduce you to the *Cape & Islands Women's Journal*. Each of our Women's Journal Newspapers is an informational and enlightening local resource for the community. Published six times a year, we serve readers with valued information in a wide variety of special columns and features. Written by local experts in their respective fields, from Health and Medicine to Personal Finance and Travel, the *Cape & Islands Women's Journal* provides the best in local contacts and the latest information available. We offer editorial coverage, a low advertising rate and most importantly, targeted marketing to women.

**Read on to find out what we can offer you, as a contributing writer....**

### TARGET AUDIENCE

Are you aware that women make 75% of all consumer and health care decisions? The *CAIWJ* is a primary resource for the women of Cape Cod, Martha's Vineyard and Nantucket. Furthermore, the NPA has found our readership to be 3.46 per copy with an average lifespan of 6 weeks. This above-average readership is due to current information being referred to friends and family who directly benefit from contributing articles and editorials.

### EXCLUSIVITY

Eliminate your competition by being the only professional in

your field anywhere in our newspaper. Why divide the response of our readership amongst your competition. Distinguish yourself as *the* authority in your field by taking the information you discuss with each client and making it available to more than 40,000 readers in the comfort of their homes

### REFERENCES

Look inside each issue's back cover and you will see readership responses and professional testimonials from our contributing editors and display advertisers. Establish yourself as the contributing editorial source for primary information in your specialty on Cape Cod, Martha's Vineyard and Nantucket.

### DISTRIBUTION

*CAIWJ* distribution is extensive with over 250 direct drops (and growing). Free papers are provided to area libraries, hospitals, medical buildings, doctors' offices, lawyers, dentists, recreation centers, health and fitness clubs, corporate office buildings, real estate offices, markets, salons, car care centers, craft stores, etc., as well as targeted home delivery.

### WHAT WE ARE NOT

We do not print anything political or controversial. We do not cover local news.

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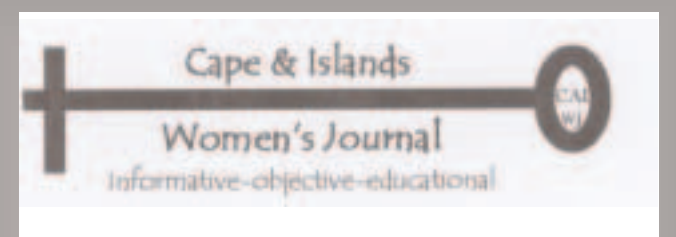
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## PROFITING FROM PLEASURE

### ART COLLECTING TIPS - A SIX-PART SERIES ON SUCCESSFUL ART COLLECTING PART 4 - KNOW THE ART MARKET

**By : Carol Chua ~ArticleCity**

Great collectors know the marketplace, and the marketplace knows them. They are plugged into the grapevine and are among the first to find out when a choice work becomes available. They are active in the hunt for quality pieces to add to their collection, so they make it known that they want to be kept informed.

#### **Cultivate Relationships With Good Dealers**

Did you know that not all newly-available art is displayed by galleries, whether brick-and-mortar or online? Quite often, the best items are offered and sold to favored customers without any publicity or exposure. The most sought-after pieces often exchange hands privately.

Find out who the good dealers are and cultivate a relationship with them. Let them know what you like, what your preferences are and what kind of budget you have. Naturally, dealers like to cultivate loyalty so they tend to reserve preferential treatment for their best clients.

Let the dealer know that you are a good candidate for this special treatment. Be re-

sponsive when the dealer contacts you. If you trust the dealer and he or she offers you an artwork which meets your specifications and your budget, accept it with minimal negotiation. Avoid haggling just for the sake of getting a lower price. Dealers find this annoying. Of course, if you have a valid reason for asking for a lower price, then let the dealer know.

Do your part to be a good customer and favor will come your way.

#### **Auctions**

Now, what about buying at auctions? Auctions can be a lot of fun and you can pay less than retail prices but, in order to make really worthwhile buys, you must do your homework. Be particular about the auctions you patronize. Many auctions offer inferior or, worse, problematic pieces which are not worth bidding on.

You should be especially careful with charity auctions; people who donate to such events often do so for social or tax reasons. In other words, charity auctions can be a dumping ground for inferior art. If you were a dealer, would you donate highly-marketable art that can easily fetch a good price to a charity auction? You'd probably be more willing to part with art which is unpopular, flawed, minor and so on.

One red flag is the price.

If something seems like an unbelievable bargain, too good to be true, it probably is. Good-quality, collectible art will have many suitors, so that will tend to chase the price up.

The auctions most likely to

may actually let go of some great art, simply because it does not fit in with their long-term plans.

Once you've spotted something of interest to you, the same rules of art acquisition

venience and choice, the internet is hard to beat. Just by tapping a few keys, you can view art in the comfort of your home and find out everything you need about a known artist and his or her artwork. Try this, for instance:

<http://www.cherishcollectibles.com/site/1256072/page/459196>

Of course, the internet has its hazards, just like the 'real' world. If you're thinking of purchasing art via the internet, check whether the online dealer:

- \* Is accredited by the artist(s)
- \* Specializes in a certain genre or artist (this reflects expertise)
- \* Runs a proper, professional website, with all necessary information
- \* Provides contact details (do a test by calling or e-mailing)
- \* Is transparent about costs
- \* Ensures all pieces are covered by insurance
- \* Has a return / refund policy
- \* Has a secure online transaction system

Just like for conventional dealers, it's possible to establish a 'favored client' relationship with an internet dealer. Send out your feelers and let the dealer know what you like.

#### **About The Author**

*Carol Chua is an ex-corporate warrior who is now an entrepreneur, avid writer and co-owner of Cherish Collectibles.*



Artist: Pable Picasso Title: The Rooster, 1938

#### **Artist's Quote:**

**"It is not what an artist does that counts-but what he is"**

yield valuable finds are those which offer art owned by highly-regarded entities such as museums and other institutions, respected artists, collectors and galleries. These bodies sometimes do a 'spring-cleaning' of sorts, to focus on their core interests or collections. In the process, they

apply. Find out as much as you can about the piece and check its condition before the auction starts. If it meets your criteria, you can proceed to make a bid.

#### **Buying On The Internet**

With the advent of the internet, anyone can be an arm-chair collector today. For con-



## Tips To Prepare For A Disaster

Provided by the American Red Cross, Cape Cod and Islands Chapter.  
For more information, call (508) 775-1540 or email [arc@cape.com](mailto:arc@cape.com).

Before a storm, hurricane or other disaster hits The Cape & Islands, make sure to sit down with your family to make a plan and buy or build a special preparedness kit that has enough materials to last for three days. Make sure to include prescriptions, important personal information and cash.

If the media announce a winter storm is coming or a hurricane watch is in effect (which means hurricane conditions are possible within 36 hours) the Red Cross recommends the following:

1. Fuel up the car
2. Charge all cell phones
3. Make sure to remove lawn furniture, outside decorations, trash cans etc., anything that could be picked up by storms and store them inside.
4. Locate and map out routes to local shelters in case authorities call for an evacuation.

Please note that the evacuation route may not be the shortest way and the nearest shelter may not always be the one that's open.

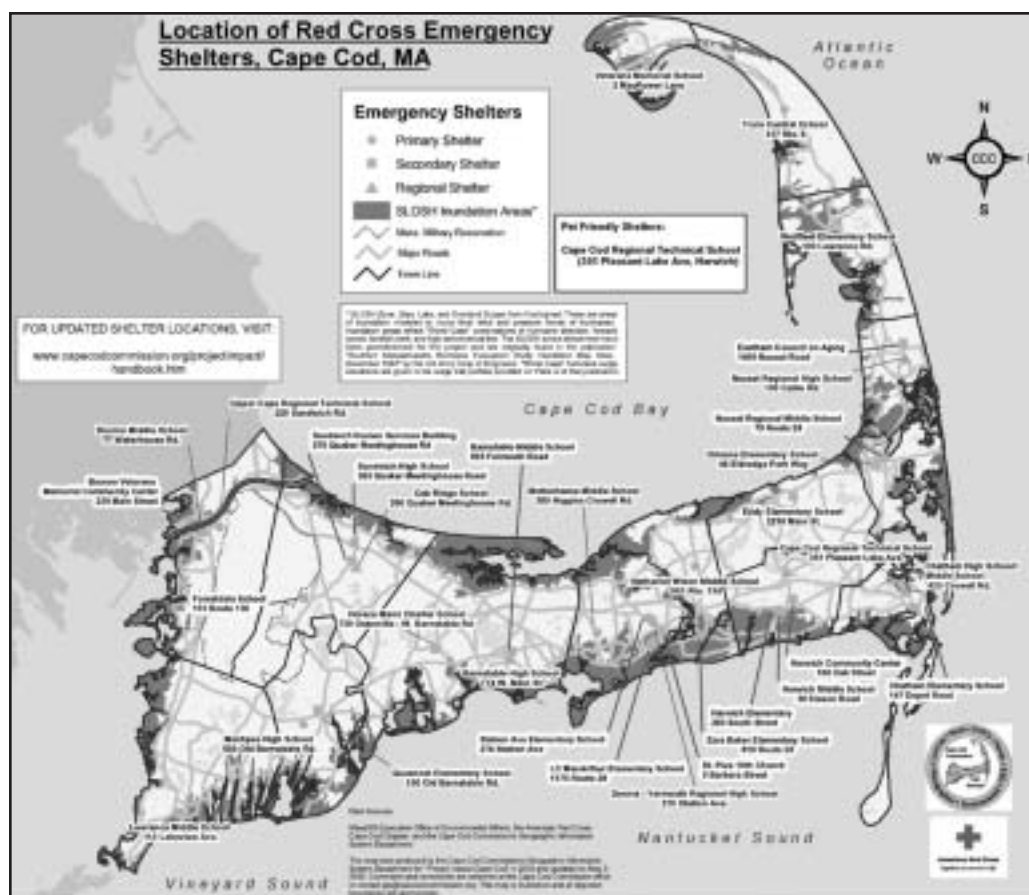
5. Always, always listen to the emergency officials and messages on the local media as your safety is of their utmost importance. (Never just go to the nearest shelter. Some shelters may not be open if they are damaged or difficult to get to).

6. Find out if you live in a SLOSH zone (Sea, Lake and Overland Surges from Hurricanes) zone. See the map for Cape Cod. A map integrated with shelters for Nantucket and Martha's Vineyard is in the works.

7. When the storm hits, do not go outside until the storm has completely passed. Do not venture outside while the eye of the storm passes as storm conditions can return very quickly. The only exception is in the event of a mandated evacuation to a local emergency shelter.

8. Do not use candles as a source of light or a BBQ grill to cook food, to avoid the possibility of fire.

9. There may be downed power lines on a property on a street. Do not attempt to move or navigate around them, but contact police or NSTAR immediately.



### What to do before a disaster happens.

#### Make a plan.

*Planning ahead is the first step to a calmer and more assured disaster response.*

1. **Discuss** with your family and establish responsibilities for each member of your household and plan to work together as a team.
2. **Plan ahead.** Choose two places to meet after a disaster:
  - \*Right outside your home in case of a sudden emergency, such as a fire.
  - \*Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.
3. **Learn how and when to turn off utilities.** Ask someone at the fire department to show you how to use the fire extinguisher you store in your home.
4. **Check supplies** (see the kit list below).
5. **Let everyone know where emergency contact information is kept** and be sure to include an out-of-town contact. It may be easier to call out of the area if local phone lines are overloaded or out of service.
6. **Practice.** Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map. Practice earthquake, hurricane, and fire drills at home, school and work.

#### Build a kit.

*What you have on hand when a disaster happens can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.*

1. **Water.** At least one gallon per person per day.
2. **Food.** Non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.
3. **Flashlight.** Include extra batteries.
4. **First aid kit.**
5. **Medications.** Don't forget prescription and non-prescription items.
6. **Battery-operated radio.** Include extra batteries.
7. **Tools.** Gather a wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags and ties.
8. **Clothing.** Provide a change of clothes for everyone, including sturdy shoes and gloves.
9. **Personal items.** Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.
10. **Sanitary supplies.** You'll want toilet paper, towelettes, feminine supplies, personal hygiene items, bleach etc.
11. **Money.** Have cash. (ATMs and credit card won't work if the power is out.)
12. **Contact information.** Carry a current list of family phone numbers and e-mail addresses, including some one out of the area who may be easier to reach if local phone lines are out of service or overloaded.
13. **Pet supplies.** Include food, water, leash, litter box or plastic bags, tags, any medications and vaccination information.
14. **Map.** Consider marking an evacuation route on it from your local area.

**When a disaster happens, always listen to the local radio stations for more information.**

The American Red Cross, Cape Cod and Islands Chapter worked in cooperation with local town and emergency officials to upgrade all local shelters on Cape Cod, Nantucket and Martha's Vineyard to the minimum standards, at an expense of almost \$50,000. In addition 250 disaster volunteers were trained and equipped to be ready when needed. This is part of the Be Ready, Be Prepared campaign.

The campaign is aimed at expanding the potential to shelter 10,000 people on Cape Cod for three days. The Chapter has calculated that this will require utmost flexibility, mobility and communication to ensure that shelters can be operated at a moment's notice, no matter where on Cape Cod or the Islands the emergency occurs.

All American Red Cross disaster assistance is free, made possible by voluntary donations of time and money from people locally.

You can help the American Red Cross, Cape Cod Chapter be ready and prepared for the next disaster by becoming a volunteer and by sending a donation to American Red Cross, Cape Cod Chapter, 286 South Street, Hyannis MA 02601 or by calling (508) 775-1540. A special brochure detailing the Be Ready, Be Prepared campaign is available at the chapter. Internet users can make a secure online contribution by visiting [www.capecodandislandsredcross.org](http://www.capecodandislandsredcross.org)

For more information on volunteering or to request special brochures on preparing for a disaster, please call the American Red Cross, Cape Cod and Islands Chapter at (508) 775-1540. In addition, you can buy special preparedness kits and your own meals, ready to eat, by calling (508) 775-1540 or via [www.capecodandislandsredcross.org](http://www.capecodandislandsredcross.org) They will be delivered straight to your home.



## PUBLISHER'S RESTAURANT POLICY

### "WHY DO WE HAVE SO FEW RESTAURANTS IN OUR NEWSPAPER?"

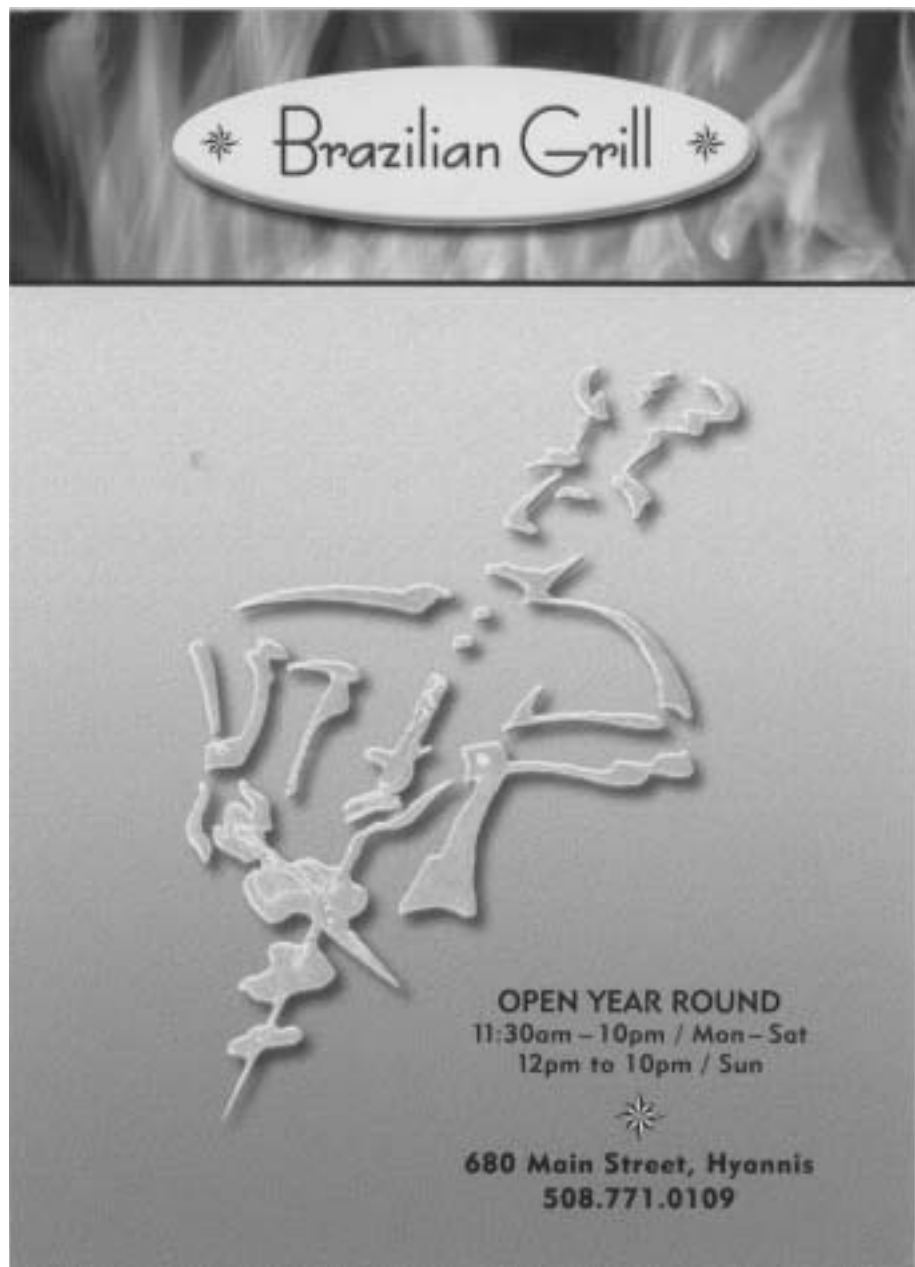
For the last 31 years the County Woman's Newspapers have been the only publication in the country that HAS INVITED restaurants to join an elite list of exceptional food service professionals that are unconditionally guaranteed by the paper.\* The Cape & Islands Women's Journal will proudly continue to respect this time-honored national restaurant policy. Try any of the restaurants listed in this paper and if you don't agree with us, contact us at fabfoods@caiwomensjournal.com. We absolutely guarantee the food reviewed in our papers, prepared by the restaurants that have been personally invited to be with us. No other newspaper syndicate turns down restaurant advertising dollars. WE DO! In fact 95 % of the restaurants that contact us are not invited to be with us after we have evaluated them. If you are a restaurant owner and feel your restaurant meets all of the criteria below, please send us an email at fabfoods@caiwomensjournal.com and we would be happy to visit your establishment.

We will continue to review restaurants throughout The Cape & Islands to appear in our "Fabulous Foods" section based on the following criteria. Our inflexible criteria say it all.....

- |                               |                               |                |
|-------------------------------|-------------------------------|----------------|
| 1. Food Quality and Freshness | 3. Presentation and Selection | 5. Politeness  |
| 2. Friendliness and Service   | 4. Honesty and Integrity      | 6. Consistency |

The preferred restaurants that you will find in this publication are not advertising their restaurants; we are presenting them to you as hand-selected, skillful artists who endeavor to prepare the best for you. If you have a favorite restaurant that distinguishes itself by meeting our criteria, let us know. Please send us an email at fabfoods@caiwomensjournal.com. We'd love to give them a try!

\* CAIWJ reserves the right to publish an annual "Restaurant Review" insert. Restaurants contributing to this special edition are not subject to the Publishers Restaurant Policy.



*Welcome to the Brazilian Grill Churrassaria. We offer an authentic Brazilian dining experience as we serve to you Churrasco a Rodizio, which means "Rotisserie Barbecue." This style of service consists of Churrasqueiros circling your table with skewers of sirloins, lamb, chicken, pork loins, and salmon (to name a few) and slicing off mouth-watering pieces for you to savor. These various cuts are slowly grilled over natural wood charcoal and seasoned to perfection. Along with all the meats to choose from, we offer a full buffet of soups, fresh salads, cheeses, hot entrees, and side dishes. And the best part? It's all you can eat! Our staff will take care of you by helping you through our wine list or suggesting a refreshing Brazilian cocktail or an ice cold Brazilian beer. We also serve refreshing tropical juices and sodas. Don't forget to leave room for one of our homemade desserts, all uniquely Brazilian. We hope you come hungry and enjoy your dining experience here with us. Saude!*

*~The staff of the Brazilian Grill*



# Distribution



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Dennis Public Market  
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Dennisport Natural Market

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East Dennis Tedeschi

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Starbucks

For Earth Sake

Cape Cod Bagle Co

Falmouth Tedeschi

Falmouth Hospital

Gosnold

Falmouth Public Library

Royal Nursing Home

Hearth & Kettle

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Falmouth Public Library

Berts Quick Merit Station

Visiting Nurse Association

Bean & Cod

Amber Waves Natural Foods

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Star Market

Breast Care Center & Cape Cod Radiology

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Wild Oats

Salon 28

Hair Reflections II

Hyannis Library

Star Market

Brazilian Grille

Bee & Blossom

Cape Cod Healthcare Foundation

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The International Inn

Blue Boy Farms

Coffe e dolci

White Hen Market & Deli

Cape Mart

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Tedeschi

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Far Land Provisions

Mussel Beach Health Club

Provincetown Medical Group

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Scusset Beach General Store

### **SANDWICH**

The Brown Jug

The Bee Hive Tavern

Cape Cod Curves

Danial Webster Inn

Sandwich Public Library

Sweet Tomatos Pizza

Bean and Bagle

Marshland Best Bakery

Salon Grovs

Stop And Shop

Sandwich Mart and Spirits

Sandwich Tedeschi

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